

United States Secret Service

Department of Homeland Security

Physical Skills Section



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Physical Skills Section

- This section has been designed to educate the reader on the Secret Service Physical Fitness standards and the proper protocols necessary to meet those standards. Recruits who will be attending training at the James J. Rowley Training Center (JJRTC) are expected to arrive in good physical condition, ready to begin a functional fitness program.
- The Secret Service Physical Fitness Program ensures that all law enforcement personnel are provided the necessary tools for attaining and maintaining required physical fitness levels. The program further ensures that all law enforcement personnel are physically capable of performing assigned duties, in a good state of health, to prevent unwarranted injury, and able to meet or surpass the minimum performance levels of Secret Service fitness evaluation standards.



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The fitness evaluation measures strength, endurance, and aerobic capacity in four elements. The core elements include:

- Push-ups
- Sit-Ups
- Chin-ups
- 1.5 mile run



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- During training at the academy, recruits will be tested more than once on their physical fitness in the four (4) core elements of the Secret Service Individual Fitness Profile Evaluation. Based on standards corresponding to a recruit's age and gender, students will receive a score in each element pursuant to the following point system:

- Excellent = 4 points
- Good = 3 points
- Fair = 2 points
- Poor = 1 point
- Very Poor = 0 points
- Maximum possible total = 16 points

The standard for graduation from the academy is 10 points with no zero in any category.



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- In the basic training program for Special Agents and Uniformed Division Officers, poor fitness levels are indicative of less than optimal performance potentials in many critical elements. Unfit students prematurely exhaust themselves, preventing full participation in learning and rehearsing proper techniques. Basic yet vital skills cannot be fairly and adequately developed with a student's minimal involvement. In accordance with the Secret Service's commitment to optimum health and fitness for its employees, students are expected to strive for an "excellent" rating in all elements of the Individual Fitness Profile Evaluation. Although the JJRTC provides guidance in fitness and nutrition, students are ultimately responsible in achieving optimum fitness levels.



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Testing Protocols

- **Push-Ups**
 - Objective: Measure strength/ endurance of upper body
- **Sit-Ups**
 - Objective: Measure strength/ endurance of abdomen/torso
- **Chin-Ups**
 - Objective: Measure strength/ endurance of upper body
- **1.5 Mile Run**
 - Objective: Measure cardiovascular endurance



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Training – Women Norms

Fitness Category	Age Category (Push Ups – 1 minute)			
Level	20-29	30-39	40-49	50+
Excellent	40	30	23	23
Good	30-39	25-29	19-22	19-22
Fair	26-29	20-24	12-18	12-18
Poor	20-25	13-19	8-11	8-11
Very Poor	19	12	7	7

Fitness Category	Age Category (Chin Ups)			
Level	20-29	30-39	40-49	50+
Excellent	4	4	4	4
Good	3	3	3	3
Fair	2	2	2	2
Poor	1	1	1	1
Very Poor	0	0	0	0

Fitness Category	Age Category (Sit Ups – 1 minute)			
Level	20-29	30-39	40-49	50+
Excellent	44	35	29	24
Good	38-43	29-34	24-28	20-23
Fair	32-37	25-28	20-23	14-19
Poor	27-31	20-24	14-19	10-13
Very Poor	26	19	13	9

Fitness Category	Age Category (1.5 mile run)			
Level	20-29	30-39	40-49	50+
Excellent	12:50	13:42	14:30	15:56
Good	12:51-14:24	13:43-15:08	14:31-15:57	15:57-16:58
Fair	14:25-15:26	15:09-15:57	15:58-16:58	16:59-17:54
Poor	15:27-16:33	15:58-17:14	16:59-18:00	17:55-18:49
Very Poor	16:34	17:15	18:01	18:50



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Additional Information

- **Students will be expected to:**
 - **Run at least four consecutive miles during their academy experience**
 - **Run sprint intervals at distances of 400 and 800 yards**
 - **Use “cross-fit” style workouts as well as traditional strength training methodologies**
- **PHYSICAL FITNESS!!!**
 - **Be mentally & physically prepared for the process**
 - **Begin or continue a fitness routine**



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